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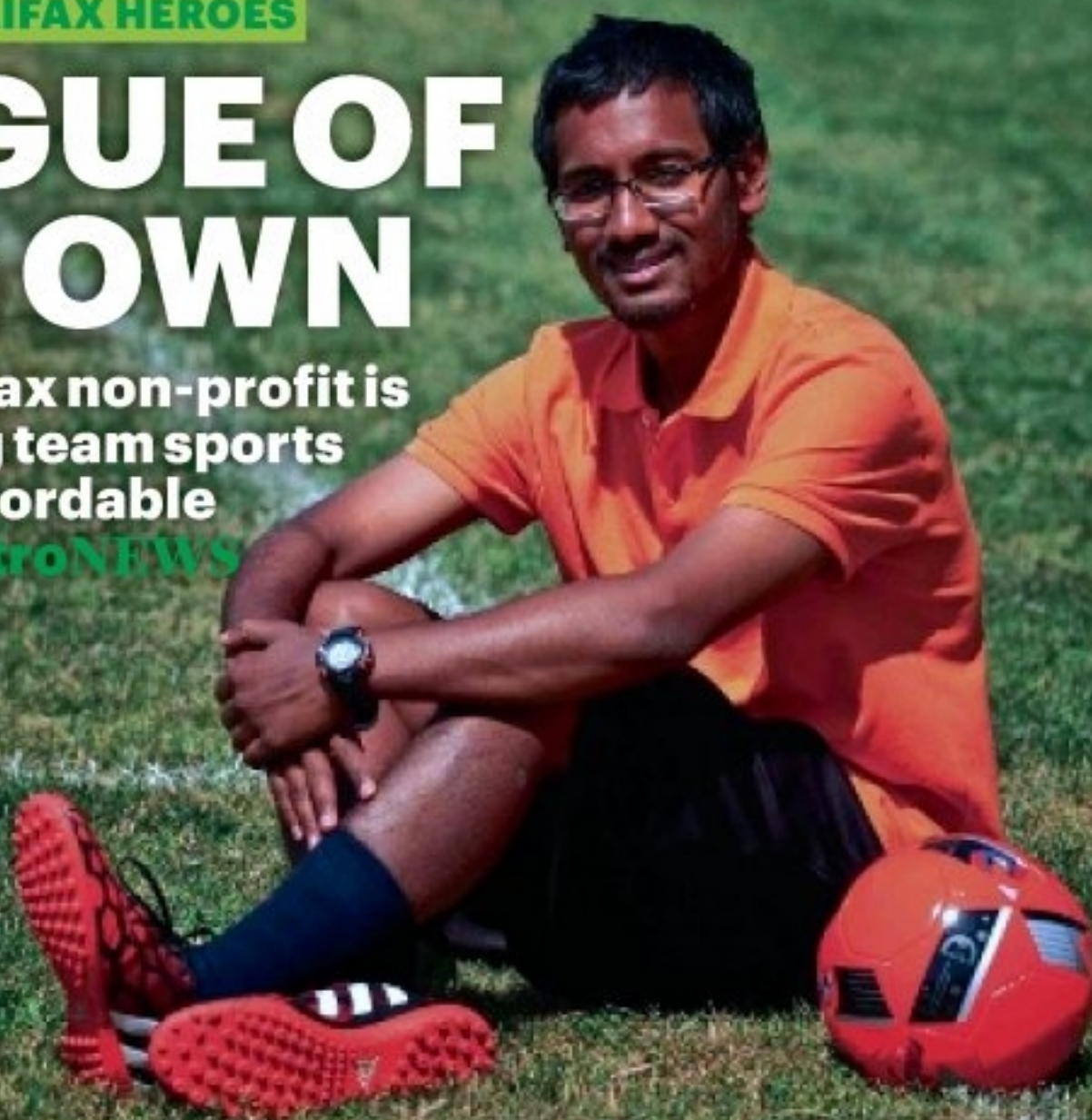
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HALIFAX HEROES

LEAGUE OF HIS OWN

This Halifax non-profit is making team sports affordable
metroNEWS



Shitangshu Roy is the co-founder of Halifax PLAYS (Players' League for Affordable Yearly Sports). JEFF HARPER/METRO

Weekend deaths prompt water safety reminder

CANADIAN RED CROSS

Two drowned in separate incidents in N.S. on Saturday



Zane Woodford
Metro | Halifax

The Canadian Red Cross is reminding people to be safe around pools after two people died in separate drowning incidents in Nova Scotia over the weekend.

"We feel very badly for the families in both of these circumstances," Atlantic Canada spokesperson Dan Bedell said Sunday.

"Whenever we hear of any kind of a drowning incident, particularly one involving a child, it always reminds us that we need to redouble our effort to get safety messages out there so that these things don't happen."

The drownings both hap-

pened on Saturday. In the first, a one-year-old boy was found dead in his family's pool in Chebogue Point. In the second, a 53-year-old woman died after being pulled from a pool at a campground in Parkers Cove. A one-year-old boy also pulled from the pool was resuscitated.

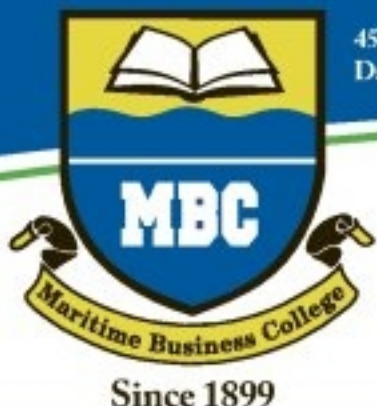
Bedell said the Red Cross recommends people install fences around pools — which is mandatory in Halifax Regional Municipality — and make sure that any gates are self-latching and can't be opened by small children. It's also important not to leave any toys in and around the pool that could tempt children, he said.

But the most important part, Bedell said, is supervision.

"Toddlers, young children, any non-swimmers, need to be in arms reach and under constant surveillance at all times," he said.

And for any weak or non-swimmer, the Red Cross recommends a personal flotation device.

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Cosplayers geek out at academy

CULTURE

Enthusiasts learned how to make their own costumes



Rebecca Dingwell
For Metro | Halifax

For Nathan DeLuca, costumes are part of his full-time job.

A professional cosplayer, DeLuca takes commissions to craft costume pieces and makes appearances at various conventions. Aside from the local Hal-Con, he's travelled to Edmonton, New York, Australia and others.

"It's not a community you'd expect. It's made up of all kinds," DeLuca said of fellow cosplayers.

DeLuca was one of the dozens of costume enthusiasts



Mark Currie poses with his handmade steampunk inspired aviator costume at last year's Hal-Con at the Scotiabank Centre. **JEFF HARPER/METRO**

who showed up at Delta Barrington for the Halifax Costume Academy on Saturday. Now in its third year, the event gives attendees a chance to sit in on panels or workshops about costume making.

Marsha Reid, the event or-

ganizer and costume contest director at Hal-Con, has had an interest in cosplay since she was six. Her parents were in the Society for Creative

Anachronism, a global group interested in recreating Medieval European culture, including costumes.

"I was born and raised by nerds," laughed Reid. "I rebelled a bit in my teens by liking the only thing they didn't, which was anime."

Whether it's anime, comics

or movies, plenty of folks have an interest in dressing up as a favourite character. Some costume academy attendees are expert cosplayers, while others are beginners.

"YouTube videos can only get you so far before you really want to put your hands on something and make sure you know what you're doing," said Reid. "That's what we give people the opportu-

ity to do here."

According to Reid, almost everyone who takes part in the event decides to attend Hal-Con in the fall, whether they've been before or not. The costume academy is a way people can get a taste of what a convention is like without getting overwhelmed.

"There's no guests, no crowds. You just learn."

Panel topics included cosplay on a budget, wig styling, and sewing. DeLuca ran a panel on the basics of 3D printing — a method he said can be useful for complex props too difficult to make by hand.

DeLuca's 3D-printed helmet took about 70 hours.

The rest of his costume, based off the Doom video games, is handmade. Self-taught in his craft, DeLuca feels there's always room to improve.

"I learn something new every day," he said.



Alisyn O'Leary shows off her bat head before her panel on fur suits at the Halifax Costume Academy on Saturday. **REBECCA DINGWELL/FOR METRO**

CRIME

Man assaulted by two people after being pushed off a bus

Halifax police say a man was pushed off a bus and struck in the face in Dartmouth on Saturday night.

Police said they got a call from a 46-year-old man at 9 p.m. He reported he'd been in an argument with two other men on a Halifax Transit bus on Pinecrest Drive.

The man told police the other two men pushed him off the bus, and then struck him in the face.

The two suspects then stole the man's wallet from his duffel bag, police said.

The first suspect is described as a black man who stands about five-foot-three and has

short hair and a goatee. He was wearing a black button-up shirt, black shorts and white sneakers. The second suspect is described as a white skinny man with short dark hair.

Police ask anyone with information to contact them or Crime Stoppers.

METRO STAFF

DARTMOUTH

Police investigating gun shots

Police are seeking information after possible gun shots were fired in Dartmouth early Friday morning.

In a media release, Halifax Regional Police said that at 12:30 a.m., they responded to a report from a citizen of possible gun shots in the area of Green Village Lane in Dartmouth.

The caller told police she had heard a female screaming,

then a gunshot. The female screamed again followed by a second gunshot.

The caller told police she believed the shots came from the area to the south end of Green Village Lane.

For several hours Halifax Regional Police, assisted by Emergency Response Team members and an RCMP police service dog team, extensively searched the area.

They were unable to locate any evidence to indicate shots had been fired in the area.

Officers are looking to speak with anyone who may have any knowledge of this incident.

Anyone with information is asked to contact Halifax Regional Police at 902-490-5020.

Anonymous tips can be sent to Crime Stoppers.

METRO STAFF



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ROAD SAFETY

Collisions between cars and people up

Statistics released by Halifax Regional Police on Friday show a slight increase in the number of vehicle-pedestrian collisions in Halifax for the month of July, when compared with last year.

In a media release, police said there were 16 vehicle-pedestrian collisions in Halifax last month, a slight increase from the 13 incidents reported in June.

Police said year over year, there was an increase (more than 10 incidents) from the six incidents reported in July 2015.

There is also an increase in the number of incidents when comparing the period January 1 to July 31, 2016 (101 incidents) to the same period in 2015 (93 incidents).

For the period of Jan. 1 to

55%

Percentage of vehicle-pedestrian collisions this year that occurred in crosswalks.

July 31, 2016, 55 per cent (56 incidents) of vehicle-pedestrian collisions occurred in crosswalks.

Of the 105 pedestrians involved, 26 reported no injury, 52 experienced minor injuries, 16 experienced moderate injuries, three experienced severe injuries, eight did not report their injuries to police and there were zero pedestrian fatalities, according to HRP's numbers. METRO

PARKLAND DRIVE

Police look for men suspected of crashes

Police are looking for two men who fled the scene of a car collision in Halifax early Friday morning.

In a media release, Halifax Regional Police said they responded to a motor vehicle collision on the 400 block of Parkland Drive at about 1:50 a.m.

A vehicle that was travelling along Parkland Drive struck a series of vehicles parked along the roadway.

The vehicle's two occupants fled the area shortly after the

collision and before police arrived.

The suspects are described as white men, 19 to 25 years old. One was wearing a pink or red shirt and both were wearing shorts.

It's not known if either man was injured. No one was injured in the vehicles parked along Parkland Drive as they were all unoccupied.

Police ask anyone with information about this incident to call them at 902-490-5020.

METRO



GAMING LOCAL BUSINESSES MAKE POKÉMON THEIR BUSINESS

Pokémon players including (left to right) David Sheppard, May Zahang and Austin Zahang, gather on the waterfront as part of a Pokémon takeover on Sunday. Downtown businesses made most of the pokestops in the Halifax lures, to attract players, Pokémon and new business. JEFF HARPER/METRO

Maritimers spotting a series of sharks

WILDLIFE

Two-metre specimen sighted in N.S. latest incident

A shark estimated to be more than two metres in size has been spotted off Nova Scotia's South Shore, the latest in a series of sightings in Maritime waters.

Bill Flower, or "Cap't Bill" as he's known at Lunenburg Ocean Adventures, says he was taking a stag party on a tour near Cross Island on Saturday when the group saw either a mako or a great white shark jump straight out

of the water three or four times.

Flower says he's been seeing more sharp-toothed predators on his near-daily shark charters, a slight increase he attributes to warming waters related to climate change.

"Everything is environmentally changing," Flower said Sunday.

"I'm seeing more (sharks). Not a lot, but ... I've never seen a mako breach unless it's on a hook before, and I saw one yesterday on a rough day and that was very unusual."

Other sightings in Atlantic Canada this summer include a great white that was caught on camera cruising in the Bay of Fundy near St. Andrews, N.B. last week, and a shark that caused

a stir in Liverpool, N.S., in July after gobbling mackerel straight off fishers' hooks.

In New Melbourne, N.L., last month, a cod fisher hooked more than what he bargained for when he found the maw of a two-metre porbeagle shark at the other end of his handline.

"We never really had time to be scared," Jim Mansfield said afterwards. "I've often wondered what it would be like to catch one, you know? I've heard tell of people often seeing them."

Last Sunday, a group of 22-year-olds filmed a shark hunting a pod of harbour porpoises in St. Margarets Bay near Hackett's Cove, N.S., while whale watching on a small inflatable boat.

Warren Joyce, a researcher with the Department of Fisheries and Oceans in Halifax, said it looks like the porpoises might have been "a little shaken" from the encounter, but he suspects they escaped unscathed.

Joyce said the DFO is notified of shark sightings approximately 12 to 20 times every summer and there has not been a significant hike this year.

The researcher reckons about half of these reports may be false alarms.

"The water is still a fairly foreign environment to us," Joyce said in an interview this week. "It's either a big fear to encounter sharks or a big excitement for folks." THE CANADIAN PRESS

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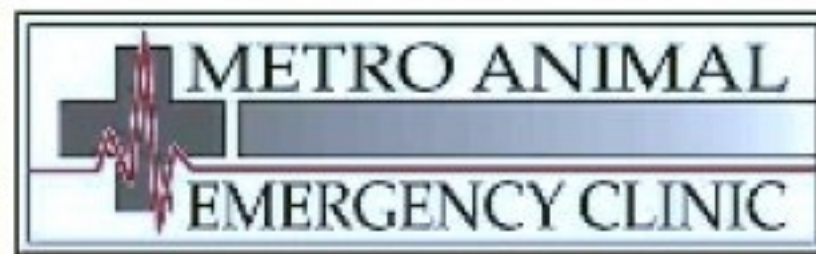
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VOLUNTEERISM

Non-profit runs leagues for a fraction of normal cost



Yvette d'Entremont
Metro | Halifax

When Shitangshu Roy founded Halifax PLAYS four years ago, he had no idea that the volunteer-run organization would change his life.

The non-profit was born from a conversation between Roy and his friend Nikheel Premasagar, both young university students at the time. They wanted to offer a different, non-competitive and affordable option for people interested in playing soccer on the peninsula.

In the summer of 2012, they kickstarted Halifax PLAYS, which stands for Players' League for Affordable Yearly Sports.

It began as a volunteer-run soccer league intended for players 18 years and older to gauge if there was interest, but the pair was immediately bowled over by its success.

"In that first season we had so much interest that we couldn't



Halifax PLAYS co-founder Shitangshu Roy kicks the ball around for the camera last week. JEFF HARPER/METRO

accommodate it and had to start a second league," Roy recalled. "We didn't know if we could do one soccer league and instead we right away had two and then had a fall league."

The organization rapidly grew to include a ball hockey league, softball, flag football, youth soccer and "zany sports." A lacrosse league is set to begin this fall, with plans to add rugby and

curling in the near future.

After creating three leagues in its first season, 2013 saw Halifax PLAYS offer five leagues, and the organization grew to offer 16 sports leagues in 2015.



(Shitangshu Roy has) gone a long way towards creating a welcoming community for newcomers to Halifax.

Lisa Roberts

Roy believes they'll exceed 16 leagues by the end of the 2016 season.

"I see Halifax PLAYS now as more (of) a platform where different people, if they want to, can create their own thing and we can help," he said.

His volunteer work with Halifax PLAYS inspired Roy to abandon his masters program in the arts to pursue a career in recreation.

"If I was to have a dream job it would be to set up Halifax PLAYS in other cities. It's a simple model, volunteer-run, non-profit, and very sustainable," he said.

All players chip in to pay for the field or facility and equipment. But Roy said where a regular soccer league might cost \$120 to \$300 for the summer, Halifax PLAYS can offer it for about \$30, or free to those who can't afford it.

His passion lies in ensuring everyone gets to play and enjoy engaging in sports and active living.

"We have this model that anyone who can't pay can play for free, or volunteer their time and not pay," he said.

"The model is very sound and I'd love to replicate that in other places. I can see Canada PLAYS being a thing if I had the platform to do it."

His organization is now involved in a joint HRM Recreation and Sport Nova Scotia initiative to try and implement a pilot youth multi-sport program in the Halifax area.

To date, more than 2,000 players have participated in a Halifax PLAYS league.

"This isn't about me. Halifax PLAYS is providing a platform for other folks to make a difference in the community, so everyone is doing their part," he said.

+ ONLINE

Visit www.halifaxplays.com for more information.

IN BRIEF

Three facing charges following a drug search

Three people are facing charges following a drug search in Halifax on Thursday night.

In a media release, police said officers arrested two men and a woman in the area of Evans Avenue and Ford Street at about

5 p.m.

Following the arrests, the teams executed a search warrant on the O-100 block of Evans Avenue. During the search police seized a quantity of cocaine, marijuana, prescription drugs, cash and other drug paraphernalia.

METRO

NARCOTICS

Sweep nets eight over seven kilos cocaine

Eight people are facing charges after a significant amount of drugs, cash, firearms, a hand grenade and six cars were seized last week.

The Integrated Guns and Gangs Unit with the Nova Scotia RCMP and Halifax Regional Police searched residences in Lantz, Halifax, Lower Sackville and

Dartmouth on July 29 and 30.

According to a news release issued Friday, police seized about seven kilograms of cocaine (including crack cocaine), just over 28 kilograms of a cocaine cutting agent, steroids, \$15,000 in cash, an assault rifle and ammunition, a hand grenade, and six vehicles. Eight

people were arrested.

Six of the eight people arrested were held in custody over the weekend, police said. Two were released shortly after they were arrested.

Charges have been laid under the Controlled Drugs and Substances Act against Christopher Andrew Purcell, 21, of Lower

Sackville; Riley John Edward Walker, 20, of Bedford; Constance Trask, 49, of Lantz; Keleana Trask, 23, of Lantz; Kyle Jeffrey McAvoy, 30, of Dartmouth; Melissa Anne Meisner, 21, of Dartmouth; Samuel Morgan Hersey, 29, of Dartmouth; and Duane Patrick Snooks, 27, of Dartmouth. METRO



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Major EI fraud cases still elusive

TECHNOLOGY

New system roots out more, but smaller, potential cases

A new computer system designed to root out possible fraud and overpayments in the federal government's employment insurance program is capturing more cases than its predecessor.

But the system hasn't been reeling in as many big fish as officials hoped.

Departmental documents show that on average, the second-generation program was finding more modest overpayments than the earlier version, despite a significant jump in the number of cases identified for review.

The findings led Employment and Social Development Canada officials to rejig the predictive model that considers some 100 variables to calculate the chance that someone has received too

much money, either by accident or through fraud.

The details are outlined in documents obtained by The Canadian Press under the Access to Information Act.

Officials now hope the recalibrated system can start finding more lucrative cases of overpayment to allow the department to better focus its resources and get a bigger bang for its investigative buck in one of the country's largest social programs.

"The newest iteration of the predictive model will provide the department with an additional tool to maintain integrity and prevent payment errors," said ESDC spokeswoman Evelyne Wildgoose Labrie.

"More specifically, it increases our efficiency at allocating resources to cases representing the highest risk of overpayment."

Since 2008, the predictive computer model has accounted for about half the overpayments identified.

A January presentation from ESDC officials likened the process to finding needles in a haystack by focusing on the likeliest area where the needles will be found.

In 2014, the program received a performance upgrade, both in the number of actual case of overpayment it hit on and an increase in the size of overpayments identified.

Earlier this year, officials found that the second-generation system wasn't working as originally expected. The average overpayment identified under the newer model was \$861 between May and August 2015, a drop from the \$957 average during the same period in 2014. The newer model was, however, finding more cases. THE CANADIAN PRESS

72

If the government can't collect the money within 72 months of identifying the wrongful payment, it is generally written off.



Justin Trudeau, left, photo-bombed a Tofino, B.C., wedding. TWITTER.COM/MARNIERECKER

SOCIAL MEDIA

Shirtless PM enthralls again

Sightings of a shirtless Justin Trudeau continue to cause something of a stir across Canada and internationally this summer.

The prime minister was most recently photographed shirtless while taking a break from surfing and simultaneously photo-bombing a couple getting married on a Tofino, B.C., beach.

A Vancouver Island wedding

photographer, Marnie Recker, tweeted the photo of Trudeau on Saturday with his surf board standing several metres away from the bride, generating plenty of retweets and fanfare online.

It wasn't clear exactly when the photo was taken, but Trudeau has been in British Columbia for the past week.

A previous sighting of Canada's shirtless prime minister gained international attention.

The BBC and Time magazine reported on a Canadian family that encountered Trudeau while hiking in Quebec's Gatineau Park last month and took a selfie with the prime minister, who was not wearing a shirt.

THE CANADIAN PRESS

QUEBEC

Pit bull education, not ban, for Quebec: Advisory panel

For all the talk about banning pit bulls in Quebec, an advisory panel convened to look into the fate of those dogs doesn't appear to be biting on a controversial call to prohibit the dogs.

There's no mention of banning the breed from a government-appointed advisory panel to look into the matter, according to recommendations in a draft document obtained by The Canadian Press.

That goes against what Pre-

mier Philippe Couillard and several senior Liberal government ministers have publicly been saying since June — that a provincewide ban on pit bulls in Quebec along the lines of one in Ontario may be the way to go.

If Couillard's government elects to abide by the recommendations in the draft document, marked "confidential" and dated July 29, there's no mention in them of a ban like Ontario, where pit bulls have

been banned since 2005.

Instead of targeting certain types, the panel suggests a case-by-case approach and "pit bull" and "dog breed" aren't mentioned in the recommendations.

The group is recommending a law that would set conditions to owning dangerous or potentially dangerous dogs and would include an awareness campaign aimed at preventing dog bites and educating the owners of such dogs. THE CANADIAN PRESS

TRANSPORTATION

Safety board wants action on balloons

In the wake of a hot-air balloon crash in the U.S. that killed 16 people, the federal agency that oversees transportation safety in Canada is calling for more action on safety concerns.

"Balloon operators can operate commercially, can take fare-paying passengers up for sight-seeing tours and yet they're not required to undergo the same level of regulatory oversight that airplanes or helicopters would be doing the same activity," said Transportation Safety Board chair Kathy Fox.

Balloon operators must obtain a Transport Canada-issued Special Flights Operations Certificate, which Fox says can be obtained by submitting only basic information. It also never expires.

Unlike other plane or helicopter companies, they're not subject to audits or inspections and are not required to maintain operations or maintenance control manuals, Fox says.

Although individual pilots must be licensed and balloons must obtain a yearly "airworthiness certificate," Fox maintains there is not enough overall industry oversight to ensure safety.

"It's really left up to the balloon operators now, and I'm sure they're doing their best



A memorial at the site of the recent hot air balloon crash in Texas. SAN ANTONIO EXPRESS-NEWS VIA THE ASSOCIATED PRESS

to operate safely, but the point is it's left up to them with no regulatory oversight from Transport Canada," Fox said.

The Transportation Safety Board first recommended imposing stricter regulations following a pair of 2007 accidents.

In response, Transport Canada agreed to conduct a risk assessment and formed a working group to study the issue.

The assessment was not released publicly, but the federal department stated in late 2013 that the favourable safety record of operators indicated that no further regulatory action was needed to ensure passenger safety.

THE CANADIAN PRESS

+ INCIDENTS

Some balloon-related accidents in Canada:

- July 14, 2001**
 The 15-year-old daughter of the organizer of the Gatineau Hot Air Balloon Festival died when a balloon piloted by her father struck an electrical wire.
- Aug. 11, 2007**
 Seven people were injured — three seriously — when a balloon carrying a dozen passengers crash-landed in a farmer's field north of Winnipeg.
- Aug. 24, 2007**
 Two passengers died in Surrey, B.C., when an uncontrolled propane-fuelled fire broke out in a hot air balloon preparing for takeoff.
- July 14, 2010**
 Passengers on an Ottawa-area hot air balloon had a scare when the basket caught fire during an early landing due to turbulence.
- Aug. 11, 2013**
 A 27-year-old pilot plunged to his death after failing to let go of a cable from another pilot's balloon as he tried to help it land in St-Jean-sur-Richelieu, Que.

SOURCE: TRANSPORTATION SAFETY BOARD OF CANADA; THE CANADIAN PRESS

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Daesh claims machete attack

BELGIUM

Assailant shot and killed by third officer

Daesh on Sunday claimed responsibility for a weekend machete attack that wounded two policewomen in the Belgian city of Charleroi, calling it an act of reprisal carried out by one of its "soldiers."

Belgian prosecutors identified the machete-wielding assailant as a 33-year-old Algerian known to police for criminal offences, but not for extremist acts.

Belgian media reported that he was in the country illegally, despite two separate orders being issued for him to leave. The government didn't immediately confirm the reports.

The attack on Saturday afternoon is being treated as a terrorist incident, notably because the man shouted "Allahu akbar!" — Arabic for "God is great" — as he slashed at the officers outside Charleroi's main police station, Prime Minister Charles Michel said.

The assailant, shot by a third officer, died later in a hospital. A statement by the



Belgian Prime Minister Charles Michel, left, and Charleroi Mayor Paul Magnette arrive at the hospital where one of the injured policewomen is staying. NICOLAS MAETERLINCK/AFP/GETTY IMAGES

Daesh-affiliated Amaq News Agency, posted Sunday on an Daesh-linked Twitter account, said the attack on the policewomen was in response to the "Crusader coalition's" military campaign against Daesh and its self-declared caliphate in Iraq and Syria.

Belgium, a longtime U.S. ally,

is a member of the American-led coalition combating Daesh, and has supplied warplanes to participate in anti-Daesh operations.

The Belgian Federal Prosecutor's Office said the attacker, who it identified only as K.B., had lived in Belgium since 2012. "Since there are indications

that the attack may have been inspired by a terrorist motive, the federal prosecutor's office decided to take over the investigation from the district prosecutor's office of Charleroi," the federal office said in a statement.

The office said two police searches were carried out over-

"We must avoid panic, of course — not give in to terror."

Belgian Prime Minister Charles Michel

night in the southern Belgian city, but that no further information about the investigation would be made public.

Broadcast media including state-owned RTBF said K.B. was in Belgium illegally despite receiving two separate orders from government authorities to leave. Michel didn't directly confirm the reports. But he told RTL television that more must be done to combat illegal immigration, saying it was difficult to persuade Algeria to accept the return of its nationals.

Both policewomen were "severely injured in the face and neck" in the attack, the federal prosecutors' statement said. RTL said both were placed in an artificial coma to allow surgeons to operate on them. Michel said the prosecutors were treating the attack on the officers as a case of "attempted terrorist murder." THE ASSOCIATED PRESS

THAILAND

Voters approve reform

Thai voters on Sunday overwhelmingly approved a new junta-backed constitution that lays the foundation for a civilian government influenced by the military and controlled by appointed — rather than elected — officials.

Although near-final results showed that more than 60 per cent of voters in a referendum called by the military government approved of the constitution, the vote is likely to be met by some skepticism. The junta — led by Prime Minister Prayuth Chan-ocha, a retired army general who has severely curtailed dissent since coming to power in a 2014 coup — imposed severe restrictions on public discussion of the proposed constitution.

Ahead of the referendum, the junta banned political rallies and open discussion about the constitution, and criticism of the draft was made punishable by 10 years in jail. Critics say the restrictions ensured that most people were unaware of the pitfalls of the charter, and were probably anxious to get the long-drawn process over with so that they could move on.

The "yes" vote "adds that touch of legitimacy to the coup makers," Pavin Chachavalpongpun, an associate professor at the Center for Southeast Asian Studies of Kyoto University in Japan, told The Associated Press.

"It gives them the green light for the next few steps they want to take. They will say the opposition cannot say anything now," said Pavin, who is Thai and is a vocal critic of the junta.

Prayuth's office, however, said in a statement late Sunday that the referendum "was conducted with a high degree of transparency and openness on part of the government."

With 94 per cent of the ballots tallied when counting was suspended for the night, 61 per cent of the voters said they approved of the constitution, while 39 per cent rejected it. The official final count is expected to be issued on Wednesday.

THE ASSOCIATED PRESS



A Thai member of the New Democracy cries after the "Yes" victory on Sunday. BORJA SANCHEZ-TRILLO/AFP/GETTY IMAGES

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A man walks through a flooded street in the village of Stajkovci, near Macedonia's capital of Skopje, on Sunday following fierce rain storms. ROBERT ATANASOVSKI/GETTY IMAGES

MACEDONIA

State of emergency called after storm

Macedonia's government declared a state of emergency Sunday in parts of the capital hit by torrential rain and floods that left at least 21 people dead, six missing and dozens injured, authorities said.

Police and army helicopters searched for the missing and evacuated hundreds from the flood zone.

Mayor Koce Trajanovski described the damage as "the worst Skopje has ever seen." He said that the deadly deluge created hazardous rainfall accumulations within only 20 minutes.

"It was like a water bomb has fallen!" he said.

The heavy rain, strong winds

and thunderstorms struck Skopje and its northern suburbs late Saturday. Special police, army units and firefighters were sent to the worst-hit areas as well as the nearby villages of Stajkovci, Cento, Aracinovo and Smiljkovci.

Hundreds of homes and vehicles were destroyed by the floods, roads were impassable and several areas were without electricity. Authorities said more than 1,000 people had been evacuated so far.

Authorities said at least 5,000 people would urgently need food and water. They urged people to stay at home and to only drink bottled water.

THE ASSOCIATED PRESS

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URBAN ETIQUETTE ELLEN VANSTONE



THE QUESTION

I have a dear friend who invites me to her cottage every year. I hate going. I've started making up excuses, but now it seems too obvious. Is there a polite way to decline?

Dear Ellen,

I have a dear friend who invites me to her cottage every year. The trouble is, I hate going. I don't like cottages. Or swimming. Or her other friends. Or her yappy, smelly, badly trained dogs who constantly jump up on people. A couple of years ago, I started making excuses at the last minute not to go, but now it seems too obvious. Is there a polite way to decline cottage invites without hurting a host's feelings?

— City Gal

Dear City Gal,

I think this one might depend on the friend, and how invested she is in her identity as a cottage owner. Some people (like me) wouldn't care one bit if a friend declined the invite and bluntly admitted: "Sorry, I'm not a cottage person, but thanks anyway!" The truth is, it's a lot of trouble to entertain guests at a cottage, and it's often hard for cottage owners to fit everyone in over a short Canadian summer. So she might appreciate being off the hook with a guest who doesn't want to come at all.

If you want to soften the blow, you can always

It's often hard for cottage owners to fit everyone in over a short Canadian summer. So she might appreciate being off the hook with a guest who doesn't want to come at all.



© Ani Castillo

send along a wee gift as a token of appreciation for the invite — a bottle of something nice for her and her friends to share in your absence, or a beeswax candle for the dinner table.

If she's bound to take huge offence, you have two choices: Let her be offended and cut you out of her life forever. Or go to the damn cottage and suck it up to save the friendship.

Easy peasy. And with our remaining space, let's go over some cottage rules for those who do end up there.

Guests should always offer to bring food, and take direction from the host as to what's needed or desired. Make sure to bring beer, wine or some fancy booze if everyone's a drinker.

Take your cue from the host when it comes to matters such as talking or not talking in the morning, or where to put toilet paper if there are septic tanks or outhouses involved. Pitch in with cooking, dishes, getting out swimming and boating toys and equipment, and putting them all away again. No matter how much you might hate cards, board games, euchre or charades, you are obliged to enthusiastically join in.

Hosts, meanwhile, should make sure linens are clean or, at the very least, don't reek of mildew and your last 20 guests. And get rid of old pillows — you know the ones I mean: those rock-hard, 10-kilo repositories of dead skin cells and dust mites.

Alternatively, there is no shame in asking guests to bring their own sheets and pillows.

If guests want to pitch in with tasks around the property, let them. But don't ask anyone to spend the weekend hauling lumber, painting the boat-house, or fixing the dock.

And, sorry to be such a downer, but not everyone has the survival skills you've developed over years of cottage dwelling. You owe it to guests to make sure you have working fire extinguishers, enough life vests for everyone on the water, and emergency numbers posted in plain sight.

As for yappy, smelly, badly trained dogs who jump up on people, that's a whole other problem, which I'd love to address in another column — though I warn any owners of these intolerable irritants, you won't like it.

+ ELLEN'S RULES

Dos and don'ts of being a cottage guest

Always bring food (and booze, if it's a drinking crowd) to share.

Take your cue from the host about the toilet paper/septic tank/outhouse situation if it's unclear.

Participate enthusiastically in activities like swimming, boating and board games.

Pitch in with dishes, clean-up and chores.

Need advice?
Email Ellen:
scene@metronews.ca

ROSEMARY WESTWOOD

9 to 5, Part 2: Working women's rights are front and centre once again

The realities and plights of working women have entered the U.S. election with a somewhat surprising intensity.

Hillary Clinton's campaign was always going to spur debate over women's capacity to wield power, their innate suitability and the public appetite to see them succeed.

But it's also landed in the middle of an economic call to arms, a renaissance of working women's rights, a realization 9 to 5 remains a relevant protest film as well as a satisfying serving of Dolly Parton, Jane Fonda and Lily Tomlin.

Beginning with Anne-Marie Slaughter's *Why Women Still Can't Have It All* in the Atlantic magazine, and followed by Sheryl Sandberg's controversial *Lean In*, we're living in an upswing of outrage over the lack of women in executive jobs, the ongoing pay gap that sees women of colour earning the absolute least, the burden of caregiving on women and the galling lack of maternity leave in the U.S.

Then, crashing through the election's front window, Gretchen Carlson's lawsuit against Fox chairman Roger Ailes forced high-level resignations (Ailes, among others), bringing sexual harassment front and centre once again.

Never one to bow out of a controversy, Donald Trump suggested harassed women should just change jobs; he'd already said pregnancies are bad for business. His running mate, Mike Pence, argued in a 1997 newspaper letter that

working women "stunted" kids' emotional growth.

But it was Ivanka Trump who proved just how pivotal working women are to this election when she shocked onlookers at the Republican National Convention with the unconvincing, Hail-Mary claim her father would fight for equal pay — a Clinton campaign cornerstone.

Amidst all this blustering, ordinary women are just trying to navigate the status quo of a working world created to benefit men.

That led New York Times journalist Jessica Bennett to write the forthcoming *Feminist Fight Club*, a how-to "survival manual for a sexist workplace." It's the kind of book I don't want to like, both from a natural aversion to advice and because cheeky manuals are generally useless.

This book, happily, is not. In particular, I fell for the dissection of the many uses of "I'm sorry." It contains the kind of advice that generally comes with a cocktail: Worth hearing, if not always taking.

Individual women can't contort themselves just so to escape systemic forces of the patriarchy in the economy. That will require a more than the current culture storm. It's anyone's guess how long a 1980s feminist satire will still have something to say about working women's rights.

Listen to 'Nth Wave,' Rosie's podcast on women & media, at metronews.ca/podcasts

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The Your Morning team, from left, Kelsey McEwen (weather anchor), Ben Mulroney and Anne-Marie Mediwake (hosts), Lindsey Deluce (news anchor) and Melissa Grelo (late morning anchor).
 THE CANADIAN PRESS/CONTRIBUTED

What's at stake for Your Morning

INTERVIEW

CTV looks for more analysis, less news in flagship show

Ben Mulroney and Anne-Marie Mediwake are talking animatedly in a small office at CTV's headquarters in Toronto. The banter is non-stop and effortless, a preview of things to come for their new flagship morning show, launching Aug. 22 to replace the venerable Canada AM.

Mulroney: "I do all the Harry Potter voices for my kids. Here's one. (Deep voice) 'You're a wizard Harry.'"

Mediwake with a puzzled look: "Who's that?"

Mulroney: "It's Hagrid. I didn't

say I was good at impressions."

Mulroney so far is doing a pretty good Canadian take on American Idol host Ryan Seacrest, who seems to be everywhere in the entertainment landscape south of the border. As well as hosting Your Morning, Mulroney will continue to work for entertainment show eTalk.

"Look, he's got like seven jobs; I only have two. It's scheduling," says Mulroney in his first sit-down interview, along with Mediwake, since the show was announced.

A lot is riding on the success of Your Morning. Fans didn't appreciate that Canada AM, which would have celebrated 44 years this September, was yanked unceremoniously from the schedule two months ago with a mere 24 hours notice.

There is also concern that

I'm the daughter of a 1970s Pierre Trudeau immigrant and he's the son of a former prime minister. It doesn't get more Canadian than that.

Anne-Marie Mediwake on working with Ben Mulroney

the new incarnation will be less about the news and more about entertainment, leaving Canadians with fewer in-depth stories about their own backyard.

The jury is still out. But certainly few people have been as groomed for the morning show job as Mulroney, son of former prime minister Brian Mulroney. The younger Mulroney has already guest-hosted Canada AM, as well as bigger things south

of the border, including ABC's Live! With Kelly.

Mediwake, meanwhile, has a solid hard news background. Her last role was the supper-hour anchor for Toronto's CBC newscast with co-host Dwight Drummond, and earlier in her career she worked as a reporter for Canada AM and CTV National News.

"I'm the daughter of a 1970s Pierre Trudeau immigrant and he's the son of a former prime

minister. It doesn't get more Canadian than that," says Mediwake.

"We want this to be a platform for the biggest newsmakers in Canada. When they have a story to tell, this is where we want them to come," says Mulroney.

The casting of Mulroney and Mediwake as co-hosts for the new show came about through a confluence of factors. But they joke that reality show renovation star Bryan Baeumler was the one responsible for inadvertently testing their chemistry together. "Bryan has a farm and he invited Ben's family and my family out, and we basically chased chickens with the Baeumler kids. It was a great day," says Mediwake.

"But Ben and I both discovered we had a lot in common. He's got twins, I've got triplets

and we got along great. When you're doing three hours of live television with someone, you've really got to trust that person."

The traditional way of telling the news has been replaced by social media and conventional broadcasters have to approach storytelling differently, she says.

"People already know what the sports score is or that Michelle Obama had a great speech last night," says Mediwake.

"It's actually an opportunity to go deeper. Wouldn't it be great to talk to Obama's speech writer to see how those words were crafted?"

Mulroney and Mediwake will be joined by CP24's Melissa Grelo and Lindsey Deluce as late morning anchor and news anchor, and Kelsey McEwen as weather anchor. TORSTAR NEWS SERVICE



JOHANNA SCHNELLER WHAT I'M WATCHING

Oliver plays his Trump card

THE SHOW: Last Week Tonight with John Oliver, Season 3, episode 19 (HBO)

THE MOMENT: The bed of nails

Near the end of a segment about the just-concluded U.S. political conferences, host John Oliver addresses the camera: "Donald Trump has said countless awful things throughout this campaign, any of which would disqualify any other candidate. He hasn't said one crazy thing; he's said thousands of crazy

things, each of which blunts the effects of the others. It's the bed of nails principle. If you step on one nail, it hurts you. If you step on a thousand nails, no single one stands out and you're fine."

Oliver, um, hits the nail on the head here. Remember when pundits proclaimed that Trump bottomed out when he belittled John McCain's military service? That was a year ago to the day he insulted the Kahn family. He is Teflon.

We have a long campaign ahead. We must figure out another way to discuss Trump. Because he's like Rob Ford: The more we report exactly what he says, the more his supporters complain the media picks on him.

We should take the advice Seth Meyers offered to Hillary Clinton on his talk show Wednesday night: Stay out of it. "Trump is digging his own grave," Meyers said. "Leave it to the republicans to com-

ment. Because right now, those guys have to be feeling like Dr. Frankenstein. 'Oh, he did what? Threw a little girl down a well? No, no, we still endorse him.'"

There is no bottom to Trump's idiocy. Let's stop hoping for one, and instead, turn our focus on those who still support him.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



John Oliver hits the nail on the head in his assessment of Donald Trump. On Trump's penchant for saying absurd things: "It's the bed of nails principle. If you step on one nail, it hurts you. If you step on a thousand nails, no single one stands out and you're fine." CONTRIBUTED

MONEY MATTERS

Teach kids to see through marketing

Gail Vaz-Oxlade
For Metro Canada



From footwear to hair care, big business is making its pitch to little consumers and scoring billions of dollars.

Kids may not make the money, but they sure have a say in how we spend it. Marketers know. And that's why their focus has moved from the traditional toys, candy and cereal to computers, clothing and cars.

Worried that commercials are having an undue influence on your children? Time to start talking to your wee ones about how the "promise" and the "reality" differ.

When your child says he wants the latest action figure, ask him if he thinks said figure will move by of its own accord. When you take her to the store to buy something, take it out of the packaging (another buy-me ploy) and ask if it lives up to her expectations.

Kids can't differentiate between what's real and what's marketing magic. You actually have to teach your kids that advertising exists to sell products, that special effects can exaggerate a product's operation, and that the ads don't always include all the information.

The next time you watch TV with your son or daughter, take time to point out the difference between the programs and the advertisements. Talk with your child about the different types of commercials on TV, radio, online and in print. Help your kids label the ads so they become less susceptible to marketers' influence. (Hey, you might make a discovery or two yourself!)

Wannabe Ads: Beautiful people having scads of fun doing things we would all love to be able to do: rafting, ski-

ing, skateboarding, dancing. Buy the product and you'll be part of a group of fun-loving, popular achievers.

Famous People Ads: Athletes, movie stars, musicians, famous business people, even politicians appear in ads. The message is if someone famous uses the product, shouldn't you?

Cozy Ads: These ads depict warm, comfy pictures, usually in an intimate setting. A grandpa and grandson chatting on the telephone or best friends sharing secrets over a tub of ice cream. These ads want you to relate their products to love and contentment.

Facts Ads: Four out of five doctors, six out of seven dentists and nine out of ten mechanics all say this is the best product available. Could all those experts be wrong?

The Great Offer Ads: These offer you a not-to-be-believed, too-good-to-pass-up opportunity to get more for less — buy two get one free, buy one and the next is half-price.

Once you and your kidlet have labelled the ads, make a game of finding four or five examples of each type of ad. Ask your child:

Is the product better because a famous person says it is?

Will you be happier, safer, warmer, cozier, if you buy that product?

Is the deal being offered really a good deal? (Time to do the math.)

Given the constant barrage of messages to buy, buy, buy, it's not surprising that children are consummate consumers. Isn't it time to start making your kids smarter about how they spend their, and your, money?

For more money advice, visit Gail's website at gailvazoxlade.com



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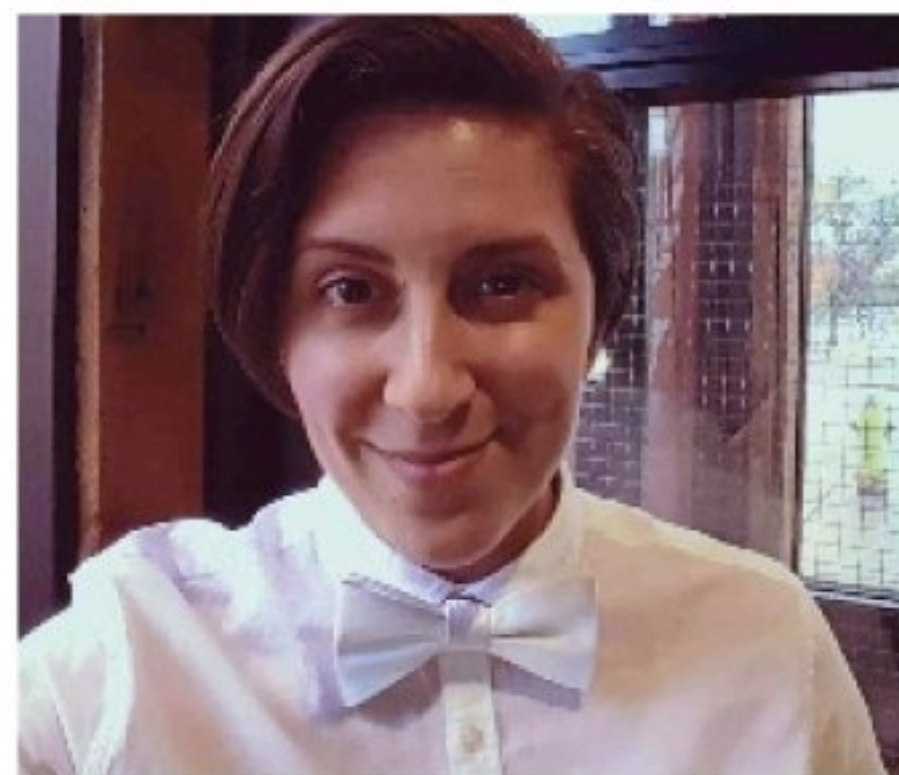
WHY I LIKE MY JOB
Jaime Rose, 28, Supervisor of Shipping and Receiving in Ontario

I remember quite vividly the first time I walked into a warehouse. There was so much chaos — so much going on at once — but the atmosphere was fascinating! I took the job without a second thought and ended up falling in love with the industry. Within three years, I stepped into the people management arena and now I'm on the path to becoming a supply chain manager.

If you break the job down to bare basics: You have a box and it needs to be packed, processed and delivered to the customer in as little time as

possible. My specific responsibility is discovering and implementing innovative ways to improve the shipping and receiving process. There are so many physical aspects as well; it's the perfect marriage between working and working out (you basically get paid to work out!)

As a supervisor, I need to lead with empathy at the core. I commit myself to practising what I preach, and when my team is struggling I'm ready to roll up my sleeves and jump into the trenches with them. It's definitely more of a relaxed and social culture, and I love being able to inspire diverse teams to grow and shine in such an important industry.



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Data for this feature was provided by payscale.com, jobbank.gc.ca, servicecanada.gc.ca and onetonline.org.

HOW TO START

Most occupations require a high school diploma or continuing education courses in warehousing and logistics; however, employers typically provide on-the-job training. Specific areas of training include material handling procedures, health and safety and forklift driving. A bachelor of arts in supply chain management may also prove beneficial to individuals seeking career advancement in logistics, procurement and manufacturing. Additionally, most provinces offer professional development training in conjunction with the Supply Chain Management Association (SCMA).

WHERE YOU CAN GO

Job opportunities are expected to rise steadily over the next few years given the bright outlook in the wholesale and retail trade, matched with the demand for computer-trained workers to assist with setting up warehouse processing functions. Canada is also seeing a growing trend in the number of immigrants/new arrivals obtaining full time employment in shipping and receiving.

NEXT CAREER STEP

Opportunities primarily exist in any environment involving the movement of goods, equipment and stock to and from an organization. With a few years of experience, trained workers can move on to rewarding supervisory work as a warehouse manager, logistics manager or procurement manager.

THE TOP 6@6

LAST NIGHT ON 101.3 VIRGIN RADIO:

- 6 Fifth Harmony ft. Fetty Wap
All In My Head
- 5 Adele
Send My Love
- 4 Major Lazer ft. Justin Bieber
Cold Water
- 3 Glenn Morrison ft Evelyn
I'm The King
- 2 DJ Khaled ft. Drake
For Free
- 1 Britney Spears ft G-Eazy
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STUDY ROUNDUP — THE LATEST IN RESEARCH



Tinder generation is having less sex than parents did

Casual sex and "hookup culture" among Tinder-swiping millennials has been the source of much conversation — and consternation. A study from the Archives of Sexual Behaviour in August suggests concerns may be misplaced. Researchers analyzed U.S. General Social Survey data from 1989-2014 to find out whether those born between 1980-1994 and 1995-2012 had more sexual partners

as adults compared to older generations. Other data has suggested teenage sexual activity in those cohorts was lower than previous years. Researchers found millennials born in the 1990s were more than twice as likely to be sexually inactive as young adults than those born in the 1960s and 41 per cent more likely than millennials born just a few years earlier in the 1980s. Researchers suggested living with parents longer, preferring non-penetrative sexual behaviour and sexual education may contribute to the change.

Richer neighbourhoods attract more creepy crawlers

While conventional wisdom might suggest homes in lower-income neighbourhoods might harbour more arthropods — generally, creatures with exoskeletons such as flies, ants, spiders, centipedes, and millipedes — a new study published in the Royal Society's journal *Biology Letters* found the opposite was true. They hand-counted all living and dead arthropods in 50 homes in Raleigh, N.C. and found higher-income neighbourhoods had a greater diversity.

Women like personal invites — even for a Pap test

Women who receive an invitation in the mail are more likely to get their Pap test, according to a study associated with the Ontario Cervical Screening Program published in the journal *Preventive Medicine*. The study looked at the impact of followup reminders sent out in 2014 by Cancer Care Ontario to women between 30 and 69 years old. Women who received the invitations were around 1.7 times more likely to undergo a Pap test compared to women who were eligible but didn't receive an invitation. TORSTAR NEWS SERVICE



Penny Oleksiak of Toronto on her way to winning silver in the women's 100-metre butterfly. IAN MACNICOL/GETTY IMAGES

It's a silver lining for teenager Oleksiak

SWIMMING

Beats her junior record to win second medal

Penny Oleksiak spent her first day of competition at the Rio Games lowering her own world junior record in the 100-metre butterfly heats and anchoring Canada's freestyle relay team to a bronze medal.

Now she can add a silver

medal to her impressive Olympic debut.

The 16-year-old from Toronto finished second in Sunday's 100-metre butterfly final, again beating her world junior mark by clocking a Canadian-record time of 56.46 seconds.

It took a world-record per-

formance to beat Oleksiak, as Sweden's Sarah Sjöström won in 55.48 seconds.



I don't think people know what's coming.

Penny Oleksiak

American Dana Vollmer, who won gold in the event four years ago in London, took bronze in 56.63.

Oleksiak, who is quickly becoming Canada's face of the Rio Games, was in third place after the first 50 metres, but

came on strong out of the turn to give Canada its second medal in Rio.

"The first few seconds after I touched the wall I didn't look back. I was just trying to catch my breath," she said. "I wasn't even sure I'd even medalled until I looked up and saw the Canadian flags in the air around me."

"Getting to see that and getting to see that you medalled is just an amazing feeling."

THE CANADIAN PRESS

DAY 2 HIGHLIGHTS

Williams sisters stunned by Czech duo

The whipping gusts that disrupted athletes and spectators alike were just a prelude to the winds of change that roared through Rio de Janeiro on Sunday night: Serena and Venus Williams lost an Olympic doubles match for the first time.

Day 2 of the Rio Games proved quite the breeze for some athletes and much too windy for others. The gusts ripped apart a large decorative panel on the swimming venue.

Then, the tempest: the Williams sisters were stunned in the opening round by the Czech Republic's Lucie Safarova and Barbora Strycova 6-3, 6-4 after entering Sunday's match with a 15-0 mark in the Olympics.

They had won the gold medal in women's doubles every time they entered the event: in 2000, 2008 and 2012. The American duo was seeded No. 1 in Rio and coming off a 14th Grand Slam championship together

RIO Golden first

Majlinda Kelmendi won Kosovo's first Olympic medal, taking gold in judo (women's 52 kilograms). Kosovo was not recognized by the IOC until 2014.

at Wimbledon a month ago.

China won yet another medal in air rifle on a day nasty winds

sent the clay targets in the trap event bobbing and bouncing through the air, forced delays on the tennis courts and whipped up treacherous waves in the Rodrigo de Freitas Lagoon.

Sunday's rowing regatta was called off after a two-hour delay when the choppy seas didn't let up. Race officials said winds gusting up to 55 km/h pushed buoys into the lanes and capsized two boats during morning practice.

THE ASSOCIATED PRESS

VOLLEYBALL

Canada stuns U.S. in return to Games

Canada's men's volleyball team may have lulled the competition into a false sense of confidence.

The Canadians defeated the United States 3-0 in the men's volleyball opener for both teams Sunday at the Rio Games. This is the Canadian team's first Olympic appearance since the 1992 Barcelona Games.

The 12th-ranked Canadians converted their first match point for a 25-23, 25-17, 25-23 upset win over the No. 5 Americans.

"You never expect a victory quite like that," said Canadian opposite spiker Gavin Schmitt. "But we know that we can play very well and if we focused on our own game, really took it to them and played aggressive then we had a good chance of beating them."

Canada will continue pre-



Canada's John Gordon Perrin spikes the ball during a qualifying match against the U.S. on Sunday.

PEDRO UGARTE/AFP/GETTY IMAGES

liminary-round play Tuesday against top-ranked Brazil.

THE CANADIAN PRESS

DIVING

Abel and Ware land just shy of podium

Canadian divers Jennifer Abel and Pamela Ware opened the Rio Olympics with a gut-wrenching result in the women's three-metre synchronized event.

The duo finished fourth, less than one point behind bronze medallists Maddison Keeney and Anabelle Smith of Australia.

Chinese pair Shi Tingmao and Wu Minxia won the gold with a score of 345.60 while Italians Tania Cagnotto and Francesca Dallape were second with 313.83 and the Aussies scored 299.19. Abel and Ware finished with 298.32.

THE CANADIAN PRESS

IN BRIEF

Canadian judoka falls in bronze-medal match

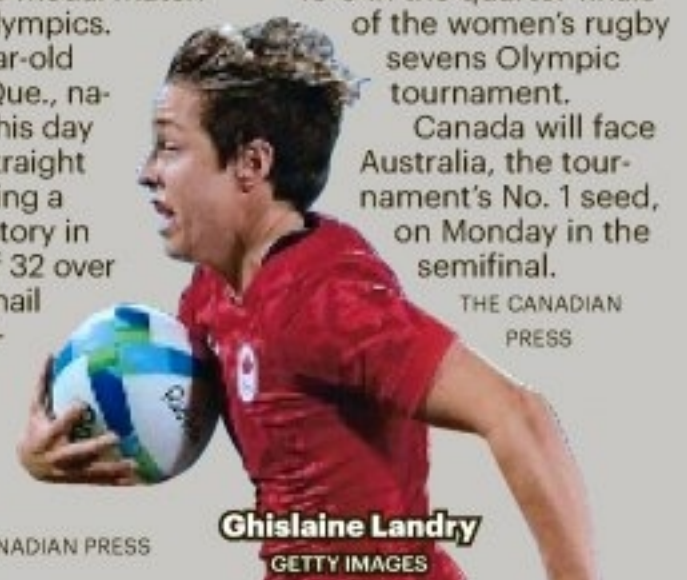
Canadian judoka Antoine Bouchard lost to Japan's Masashi Ebinuma in the 66-kilogram bronze-medal match at the Rio Olympics.

The 21-year-old Jonquiere, Que., native started his day with three straight wins, including a stunning victory in the round of 32 over Russia's Mikhail Puliaev, a silver medalist at the 2014 and 2015 world championships. THE CANADIAN PRESS

Canucks advance to semis in women's rugby

Bianca Farella and Ghislaine Landry scored late tries to lead Canada past France 15-5 in the quarter-finals of the women's rugby sevens Olympic tournament. Canada will face Australia, the tournament's No. 1 seed, on Monday in the semifinal.

THE CANADIAN PRESS



Ghislaine Landry
GETTY IMAGES

Furyk's historic Route 58

RIO 2016

Russia's blanket Para ban

GOLF

Veteran motors to a new magic number with round for ages

Jim Furyk has a place in PGA Tour history all to himself with a new magic number in golf.

Three years after Furyk became the sixth player on tour with a 59, he took it even lower Sunday in the Travelers Championship with a 58.

The 46-year-old American bounced in an eagle from 135 yards on his third hole, ran off seven straight birdies around the turn and picked up his final birdie on the 16th hole with a putt from just inside 24 feet. He rolled in a short par putt on the final hole at TPC River Highlands, thrust his arms in the air and waved his cap to salute thousands of fans who had rushed to the amphitheatre around the 18th green to catch a stunning slice of history.

"There's a lot of rounds by a lot of great players ahead of me that have never reached 58, so to hold that record alone right now, on the PGA Tour at least ... is phenomenal," Furyk said. "To have a little, small place in history is something you dream of."

And it could have been even lower. Furyk reached 11 under on the par-70 course with his seventh straight birdie at No. 12. He missed a 12-foot birdie attempt on the 14th hole, and after nearly driving the par-4



Jim Furyk of the United States celebrates after shooting a record setting 58 during the final round of the Travelers Championship in Connecticut Sunday. STEVEN RYAN/GETTY IMAGES

15th, his 8-foot birdie putt lipped out.

It might be one of the best rounds hardly anyone saw.

Furyk, who started the final round 16 shots out of the lead, had less than a dozen fans watching when he teed off at 8:41 a.m. He finished his round before Golf Channel coverage began.

The news travelled far. "Amazing, eh?" Justin Rose

said from the practice range at the Olympic Golf Course in Rio de Janeiro. "Amazing that he did

"To have a little place in history is something you dream of."

Jim Furyk

it without birdieing the 13th (par 5) and 15th. Pretty cool."

It might not have happened if Furyk had not gone this road before. He shot a 59 at Conway Farms in the second round of the 2013 BMW Championship with a bogey on his card.

"I guess had I never shot 59 before, I probably would have been thinking 59, the barrier," he said. "But the fact that I did it three years ago, you know, in

+ KNOX IS TOPS

Scotsman holds his nerve

Russell Knox saved par with a 12-foot putt on the final hole to beat hometown favourite Jerry Kelly by a stroke Sunday in the Travelers Championship.

Knox closed with a 2-under 68 for a 14-under 266 total at TPC River Highlands. The 31-year-old Scot won for the second time on the tour, following his breakthrough victory in China in November in the WGC-HSBC Champions. THE ASSOCIATED PRESS

the back of my mind I've got 11-under through 12; I've got six holes to play. If I play them under par, I'm going to break another barrier."

Ryo Ishikawa shot a 58 in The Crowns on the Japan Golf Tour in 2010. Shigeki Maruyama shot a 58 in U.S. Open sectional qualifying in 2000. And just last week, Stephan Jaeger posted a 58 on the Web.com Tour in the Ellie Mae Classic at the TPC Stonebrae.

Furyk is the only player with sub-60 rounds twice. And it would appear that both times, he had to settle for history, not a trophy. He finished third at the 2013 BMW Championship, and he was still four shots behind 54-hole leader Daniel Berger at the Travelers before Berger even teed off. THE ASSOCIATED PRESS

After escaping a blanket ban from the Olympics, Russia was kicked out of the upcoming Paralympics on Sunday as the ultimate punishment for the state running a doping operation that polluted sports by prioritizing "medals over morals."

Paralympic leaders expelled one of its most significant members as the IOC announced that 278 Russians have been given clearance to compete at the Olympics after their eligibility in Rio de Janeiro was left to individual sports.

Russia's years of doping deception, including tampering with samples at the 2014 Olympics and Paralympics in Sochi, were outlined last month by World Anti-Doping Agency investigator Richard McLaren.

"The facts really do hurt," IPC President Philip Craven said. "They are an unprecedented attack on every clean athlete who competes in sport. The anti-doping system in Russia is broken, corrupted and entirely compromised."

In contrast to IOC President Thomas Bach, who opposed the "nuclear option" of banning Russia ahead of Friday's Olympic opening ceremony, Craven directly condemned the Russian state's involvement in doping but stopped short of blaming Russian President Vladimir Putin.

THE ASSOCIATED PRESS

IN BRIEF

Jays bats quietened in KC
Yordano Ventura pitched effectively, Kendrys Morales hit a grand slam, and the Kansas City Royals beat the Toronto Blue Jays 7-1 Sunday on another afternoon for Marcus Stroman to forget.

Ventura (7-9), who was 0-5 in seven starts since June 17, limited the Blue Jays to one run and five singles in 6 2/3 innings, walking four and striking out four. Stroman (8-5) allowed three runs and seven hits in five innings.

THE ASSOCIATED PRESS

Ichiro joins exclusive club
Ichiro Suzuki joined the 3,000 hit club in Colorado Sunday, becoming the 30th Major League player to reach the milestone.

The Marlins outfielder did it Sunday with a triple in the seventh inning against at Coors Field. Miami players came out of the dugout to congratulate Suzuki, and he waved his helmet to acknowledge the cheers.

The 42-year-old Suzuki hit a long drive to right field that carried just beyond the reach of Gerardo Parra. THE ASSOCIATED PRESS

MLB

Friday the finish line for retiring A-Rod

Ready or not, Alex Rodriguez will play his final game in pinstripes this week.

One of the most prolific hitters and polarizing figures in baseball history, the slumping slugger plans to take his final at-bat with the New York Yankees this week and then become a special adviser and instructor with the team next year. A-Rod and the club made the announcement before Sunday's game against Cleveland.

"This is a tough day. I love this game and I love this team," he said, often choking up. "And

today I'm saying goodbye to both."

The 41-year-old Rodriguez, who sat out the 2014 season while serving a performance-enhancing drug suspension, will play against Tampa Bay at Yankee Stadium on Friday night and then be released. New York will pay him the remainder of the approximately \$27 million he's owed as part of his \$275 million, 10-year contract.

Relegated to little more than a spare part lately, the three-time AL MVP acknowledged "the last four weeks have not

been fun." "It's been very painful and embarrassing to sit on the bench. It's been awkward," Rodriguez explained.

But he made it clear he still thinks he could contribute on the field.

"Of course, I think I can play baseball. You always think you have one more hit in you, or help the team win one more game, for sure," said Rodriguez, who is four home runs shy of 700. "That wasn't in the cards. That was the Yankees' decision and I'm at peace with it."

THE ASSOCIATED PRESS



Alex Rodriguez will retire Friday. JIM MCISAAC/GETTY IMAGES

RECIPE Orecchiette with Sundried Tomatoes and Peas



PHOTO: MAVA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada

- 1 clove garlic, grated
- 1/2 cup grated Asiago cheese
- squeeze of lemon juice

Directions

The perfect cradle for rich flavours like butter and cheese, orecchiette is a nice alternative to penne and, in this dish, makes best friends with salty sundried tomatoes and sweet peas.

Ready in

Prep time: 15 minutes
Cook time: 10 minutes
Serves 4

Ingredients

- 500 g orecchiette pasta
- 1 1/2 cups garden peas
- 1/4 cup dried sundried tomatoes, diced
- 1/4 cup olive oil
- 1 tsp butter

1. Bring a large pot of salted water to boil and cook pasta according to package directions. In the last minute of cooking time, add peas and sundried tomatoes; cook for 1 minute. Reserve 1/4 cup of the pasta water and drain.

2. Return pasta to pot over low heat. Stir in the reserved pasta water, oil and butter. Grate the garlic into the pasta and then mix. Add the cheese and a squeeze of lemon juice and serve with a salad and fresh bread.

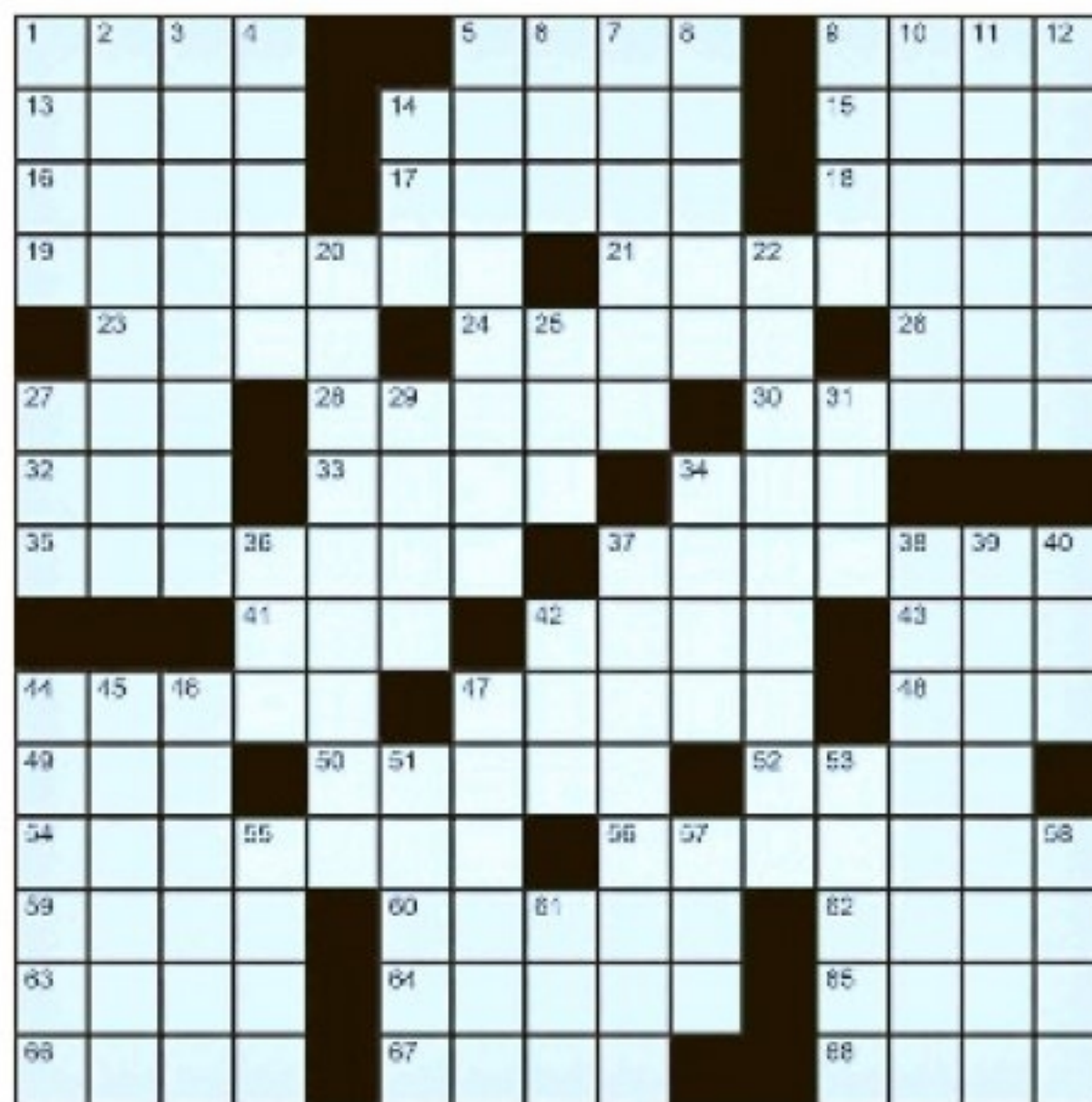
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. RIO 2016: Go! _ Canada! Go!
5. Watch pockets
9. Cartoonist Al
13. Memory unit
14. Petrol quantity
15. Botanical angle
16. Glassmaking oven
17. Mr. Shaw
18. _ butter
19. Music-listening purchases
21. RIO 2016: Olympic sport
23. Cameo stone
24. Trunk
26. 'Hect' ending
27. Agnus _ (Lamb of God)
28. Fashion brand, Perry _
30. Hollywood's Winona
32. _ landslide
33. Authentic
34. Pre-A.D. time alternative
35. Camera part: 2 wds.
37. RIO 2016: Schedule
41. Trendy
42. 154 in ancient Rome
43. Green
44. Zeniths
47. RIO 2016: Country for which the IOC code is GHA
48. Belonging to Washington's lil' locale
49. Old French coin
50. Kwik-_- ("The Simpsons" store)
52. God, in Gaspe
54. RIO 2016: Trains, weightlifter-



56. RIO 2016: Fragrant gifts to medal winners
59. Napoleon's exile isle
60. "I also want that!": 2 wds.
62. "I _ my wit's end!"

63. Particular phone
64. New Zealand language
65. Exec's assistant
66. Overbrim
67. Apple part
68. Chemical group sort

DOWN

1. Supertime surfaces, shortly
2. See _ _ _ (Concur)
3. RIO 2016: Spectator at the first modern Olympics in 1896
4. Happy
5. RIO 2016: Swim race's beginning

6. Canadian cap.
7. Particular pipes
8. Soothsayers
9. Money
10. Logger's tool part, States-style: 2 wds.
11. RIO 2016: Father of the modern Olympics, Baron _ de Coubertin

- (b.1863 - d.1937)
12. RIO 2016: Soccer _
14. RIO 2016: Olympic country, _ People's Democratic Republic
20. RIO 2016: Keeps fit
22. RIO 2016: #38-Down sits atop what mountain's peak?
25. Pantry product
27. Twofold [abbr.]
29. RIO 2016: Gymnastics move
31. Edmonton Intl. Airport code
34. Sergey _ (Google co-founder)
36. Not he
37. RIO 2016: Diving event, Men's Synchronized 10m _
38. RIO 2016: Giant statue overlooking Rio, Christ the _
39. RIO 2016: Important element in the Olympic sport of Shooting
40. August, et al.
42. Cath. or Prot.
44. Element
45. Plum _ Manitoba
46. Mutter
47. Amazingly observe: 2 wds.
51. Some brand name champagnes
53. " _ _ Teenage Werewolf" (1957)
55. RIO 2016: Beach tree
57. Quebec 'law'
58. " _ D" (MTV show, once)
61. RIO 2016: Running shoe part

* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This is a good day to pay bills and take care of banking. It's also a good day to discuss budgets and material resources with co-workers, because people are co-operative today.

Taurus April 21 - May 21
Because today's Moon is opposite your sign, you have to go more than halfway when dealing with others. This won't be difficult, because people are in a good mood. It's a good day to socialize.

Gemini May 22 - June 21
It will please you to make an effort to get better organized today. You also will be pleased if you do something to promote your health. You want to turn over a new leaf.

Cancer June 22 - July 23
Tap into your creative vibes and enjoy artistic activities today. Movies, the arts, sports events, playful activities with children and socializing with others are top choices for you.

Leo July 24 - Aug. 23
Family discussions are warm and friendly today. This is a good day to explore real-estate opportunities. Enjoy cocooning at home.

Virgo Aug. 24 - Sept. 23
Your communication skills are excellent today. This is a blessing for those of you who sell, market, teach, write or act. Enjoy talking to siblings and relatives.

Libra Sept. 24 - Oct. 23
This is a good day for business and commerce. Trust your intuition. If shopping, you will like buying artistic objects, jewelry and clothes.

Scorpio Oct. 24 - Nov. 22
You might feel more emotional than usual today. This is why time spent with friends and members of groups is especially important. Younger, creative people are in your world today.

Sagittarius Nov. 23 - Dec. 21
You might work behind the scenes to promote something for others. In particular, you will make something more attractive or more appealing to the public.

Capricorn Dec. 22 - Jan. 20
Someone from a different background from yours, perhaps another culture or a different country, has something to offer you today. Perhaps this will lead to future travel plans.

Aquarius Jan. 21 - Feb. 19
People notice you today, and this is a good thing. Ask for help from someone, or ask to borrow something if you need it; you will likely get it.

Pisces Feb. 20 - March 20
Grab every opportunity to do something different today, because you want to expand your horizons and explore something new. Travel if you can.

CONCEPTIS SUDOKU by Dave Green

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